- Prep Time: 15 minutes
- Cook Time: 15 minutes
- Total Time: 30 minutes
- Skill Level: Intermediate
- Difficulty Intensity: Medium *(Requires precise timing when shaping hot cheese shells)*
- Heat Intensity: Mild *(Optional pinch of red pepper flakes for heat)*
- Yield: 4 servings (8 tacos total, 2 tacos per serving)

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Equipment Needed

- Non-stick baking sheet or silicone baking mat (Silpat)
- Medium mixing bowl
- Large skillet or cast-iron pan
- Chef’s knife and cutting board
- Measuring cups and spoons
- Spatula
- Wire cooling rack
- Handle of a wooden spoon or a rolled aluminum foil rod (for shaping shells)

Ingredients

For the Crispy Parmesan Taco Shells

- 2 cups Freshly shredded Parmesan cheese (avoid pre-shredded canned cheese as additives prevent proper melting)

- ½ tsp Garlic powder
- ½ tsp Dried Italian seasoning
- ¼ tsp Cracked black pepper

For the Chicken & Seasoning

- 1 lb (450g) Boneless, skinless chicken breasts (or thighs), cut into bite-sized cubes
- 1 tbsp Extra virgin olive oil or avocado oil
- 1 tsp Garlic powder
- 1 tsp Smoked paprika
- ½ tsp Onion powder
- ½ tsp Salt
- ¼ tsp Freshly ground black pepper

For the Keto Caesar Salad & Assembly

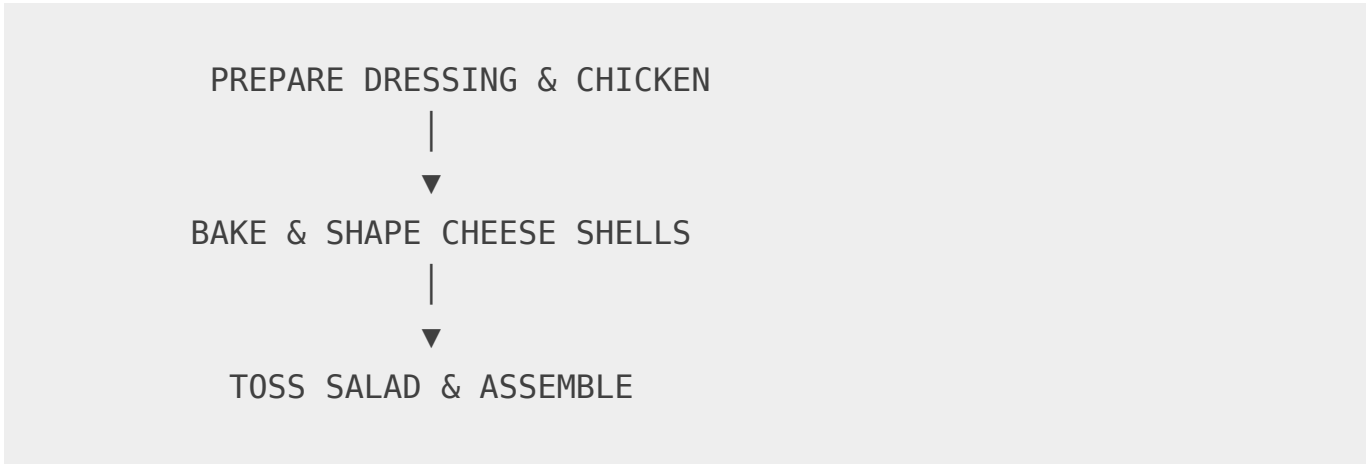
- 3 cups Romaine lettuce, finely chopped and washed
- ½ cup Freshly grated Parmesan cheese (for topping)
- 4 slices Cooked bacon, chopped into crispy bits
- 2 tbsp Fresh lemon juice

For the Quick House-Made Keto Caesar Dressing

- ½ cup Full-fat mayonnaise
- 2 tbsp Freshly grated Parmesan cheese
- 1 tbsp Fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp Anchovy paste (optional, but highly recommended for authentic depth)
- 1 clove Garlic, minced fine or grated

- ¼ tsp Salt
- ¼ tsp Black pepper
- 2 tbsp Unsweetened almond milk or water (to thin, if needed)

Step-by-Step Instructions



1.Prepare the Keto Caesar Dressing:Time: 5 minutes | Intensity: Low.

In a medium bowl, whisk together the mayonnaise, grated Parmesan cheese, fresh lemon juice, Dijon mustard, minced garlic, anchovy paste, salt, and black pepper until completely smooth.

If the dressing is too thick to drizzle, whisk in 1 to 2 tablespoons of water or unsweetened almond milk until you achieve a rich, pourable consistency. Taste and adjust salt or lemon juice as desired. Cover and refrigerate while preparing the rest of the meal.

2.Cook the Seasoned Chicken:Time: 8-10 minutes | Intensity: Medium.

Pat the cubed chicken dry with paper towels to ensure a good sear. In a small bowl, mix together 1 teaspoon garlic powder, smoked paprika, onion powder, salt, and black pepper. Sprinkle the spice mix evenly over the chicken, tossing to coat every piece.

Place a large skillet or cast-iron pan over medium-high heat and add 1 tablespoon of olive oil. Once hot, add the chicken pieces in a single layer. Sauté for 6 to 8 minutes, turning occasionally, until golden-brown on the outside and cooked through to an internal temperature of 165°F (74°C). Remove from heat and allow to rest for 3 minutes.

3.Bake the Parmesan Cheese Shells:Time: 6-8 minutes | Intensity: High (Attention Required).

Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper or a silicone mat.

In a small bowl, toss the 2 cups of freshly shredded Parmesan with ½ teaspoon garlic powder, Italian seasoning, and black pepper.

Spoon the cheese onto the baking sheet into 8 equal mounds, leaving at least 2 inches between each mound. Gently press each mound down into a flat, round circle approximately 5 inches in diameter.

Bake for 6 to 8 minutes until the edges are golden brown and the centers are bubbling evenly. Keep a close eye on the oven during the last 2 minutes, as cheese can burn quickly.

4.Shape the Hot Shells:Time: 3 minutes | Intensity: High.

Remove the baking sheet from the oven and let the cheese circles cool for 45 to 60 seconds until they set slightly but remain pliable.

Using a thin spatula, carefully lift a warm cheese circle. Drape it over the handle of a wooden

spoon (suspended over a deep bowl) or over a rolled tube of aluminum foil. Gently press the sides down to form a curved taco shell shape.

Allow the shells to cool undisturbed for 2 to 3 minutes until firm and crisp, then transfer to a wire cooling rack.

5.Toss and Assemble:Time: 4 minutes | Intensity: Low.

In a large mixing bowl, combine the chopped romaine lettuce and cooked chicken. Drizzle with 3 to 4 tablespoons of the prepared Keto Caesar dressing and gently toss until evenly coated.

Carefully stand the crisp Parmesan taco shells upright. Divide the chicken and romaine mixture evenly among the 8 shells. Top each taco with crispy bacon bits, extra grated Parmesan cheese, and a squeeze of fresh lemon juice. Serve immediately.

Chef’s Tips for Success

1. Avoid Canned Cheese: Pre-shredded parmesan contains anti-caking agents (like cellulose) that prevent the cheese from melting together into a sturdy shell. Always shred your own block of Parmesan using a box grater for best results.

2. Precision Timing on Shells: If you attempt to bend the cheese shells too quickly straight out of the oven, they will tear. If you wait too long, they will harden flat and crack when bent. Target the sweet spot around 45–60 seconds after removing from heat.

3. Prevent Sogginess: Toss the salad with dressing right before serving. Because Parmesan shells are naturally rich, assembling right before eating preserves maximum crunch.

Storage & Reheating Instructions

- Taco Shells: Store unfilled Parmesan shells in an airtight container at room temperature with parchment paper between layers for up to 3 days. Do not refrigerate unfilled shells, as moisture will make them lose their crunch.

- Chicken & Dressing: Store cooked chicken and Caesar dressing in separate airtight containers in the refrigerator for up to 4 days.

- Reheating: Reheat chicken in a skillet over low heat until warm. If shells lose their crispness over time, pop them in a 350°F (175°C) oven for 1–2 minutes, then let cool completely.

Detailed Nutritional Information

Below is the estimated nutritional breakdown per serving (2 filled tacos with dressing).

Nutrients	Amount Per Serving	% Daily Value*
Calories	520 kcal	—
Total Fat	41 g	53%
Saturated Fat	15 g	75%
Trans Fat	0 g	—
Cholesterol	125 mg	42%
Sodium	1180 mg	51%
Total Carbohydrates	4 g	1%
Dietary Fiber	1.5 g	5%
Net Carbohydrates	2.5 g	—
Sugars	1 g	—
Protein	35 g	70%

Nutrients	Amount Per Serving	% Daily Value*
Vitamin D	0.4 mcg	2%
Calcium	580 mg	45%
Iron	2.1 mg	12%
Potassium	420 mg	9%